



WISCONSIN SCHOOL NUTRITION
IN A NUTSHELL

CREDITING

	Fruits	Vegetables	Milk	Meat/Meat Alternate (M/MA)	Grains
Crediting	Credit by volume (cups)	Credit by volume (cups)	Credit by volume (cups)	Credit by weight (ounce equivalent [oz eq])	Credit by weight (ounce equivalent [oz eq])
How to round	Round down to the nearest 1/8 cup	Round down to the nearest 1/8 cup		Round down to the nearest 0.25 oz eq	Round down to the nearest 0.25 oz eq
Crediting reminders	Dried fruits credit double the volume	Raw, leafy greens credit half the volume	Allowable types are non-fat (skim) or low-fat (1%), flavored or unflavored	Meat (without fillers, additives, binders): Credit ounce-for-ounce (cooked) Nuts and seeds may only meet up to half of the daily M/MA component	All grains must be whole grain-rich
Crediting examples	½ cup diced peaches = ½ cup fruit ¼ cup raisins = ½ cup fruit	½ cup green beans = ½ cup other vegetable ½ cup Romaine lettuce = ¼ cup dark green vegetable	8 fluid ounces milk = 1 cup milk	1 ounce cooked, plain chicken = 1 oz eq M/MA 4 ounces yogurt = 1 oz eq M/MA	1 ounce dry OR ½ cup cooked pasta = 1 oz eq grain
Crediting documents	Unprocessed products: use Food Buying Guide (FBG) or USDA Product Information Sheets				
	Processed products: if not listed in the FBG, need Child Nutrition (CN) Label, Product Formulation Statement (PFS), or USDA Product Information Sheet. May use Exhibit A to credit grain products.				

[Food Buying Guide for Child Nutrition Programs](https://foodbuyingguide.fns.usda.gov/Home/Home)¹

Projects food purchases and provides yield and crediting information.

[USDA Product Information Sheets](https://www.fns.usda.gov/fdd/nsfp-usda-foods-product-information-sheets)²

Nutrition facts information and meal pattern contribution for USDA Foods products.

[Child Nutrition \(CN\) Label](https://www.fns.usda.gov/cnlabeling/general-background)³

A statement on a product's box that clearly identifies meal pattern contribution according to the stated serving size. If the product has a CN label, a PFS is not necessary.

[Product Formulation Statement \(PFS\)](https://www.fns.usda.gov/cnlabeling/food-manufacturersindustry)⁴

Obtained from the manufacturer, this signed statement demonstrates how the processed product contributes to meal pattern requirements. *These are not the same as product specification sheets, which cannot be used as crediting documentation.*

[Exhibit A](https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exhibit-a.pdf)⁵

Provides crediting for prepared grain items using the product's baked weight. Find the Group on the chart containing the name of the grain product, then divide the gram or ounce weight of the product by the grams or ounce per oz eq as listed on the right-hand side of the chart. This will determine the total oz eq of the grain product.

Weight versus Volume

	Weight: how heavy is it?	Volume: how much space does it take up?
Measure	<ul style="list-style-type: none">• Measured in pounds, ounces, or grams• Measures meat/meat alternates, grains (oz eq)	<ul style="list-style-type: none">• Measured in cups, fluid ounces, or tablespoons• Measures fruit, vegetables, milk (cups, fluid ounce)
Additional Information	M/MA and grain products do not all credit the same as their product weight as ingredients are often added (binders, fillers, etc.). These added ingredients often do not credit. Many M/MA and grains likely require a larger serving size by weight to credit 1.0 oz eq. Oz eq indicates the amount of 'true' M/MA or grain in a product. Since only the manufacturer knows their product's formulation, the menu planner must request documentation proving how that product credits.	Serving utensils labeled in ounces are actually fluid ounces (volume measurement). These do not correlate to ounces (weight measurement) for solid objects like food. Filling a 4 fluid ounce spoodle with food does not mean the food weighs 4 ounces; it means it takes up the space of 4 fluid ounces (which is ½ cup, a volume measurement).
Crediting examples	1.22 ounces by weight of deli turkey credits 1.0 oz eq M/MA (<i>Crediting of specific products may vary</i>)	4 fluid ounce spoodle by volume of diced pears credits ½ cup fruit

¹ <https://foodbuyingguide.fns.usda.gov/Home/Home>

² <https://www.fns.usda.gov/fdd/nsfp-usda-foods-product-information-sheets>

³ <https://www.fns.usda.gov/cnlabeling/general-background>

⁴ <https://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>

⁵ <https://dpi.wi.gov/sites/default/files/imce/school-nutrition/pdf/exhibit-a.pdf>

	Weight: how heavy is it?	Volume: how much space does it take up?
	28 grams by weight of whole grain-rich bread credits 1.0 oz eq grain	2 fluid ounce spoodle by volume of chickpeas credits ¼ cup vegetable
Production record tip	Write the serving size (or number of pieces) of the product instead of the crediting. For example, if a product must weigh 3.0 oz to credit 2.0 oz eq, write 3.0 oz (or the number of pieces) as the serving size and 2.0 oz eq as the crediting.	Write the number of pieces or serving size by volume for fruits and vegetables and not what is written on the spoodle. If a spoodle says 2.0 oz., do not write 2.0 oz. as the serving size. This will be viewed as 2.0 oz. by weight, which is not necessarily ¼ cup by volume. Instead, write 2 fl. oz., ¼ cup, or #16 scoop (all of which are the same volume).
Why it matters	<p>Example: A recipe states that 2.0 oz of peanut was used to make a peanut butter (PB) sandwich. During an Administrative Review, the auditor will question, is that 2.0 oz by weight, a 2.0 oz spoodle, or did the menu planner intend to say 2.0 TB? The crediting is different for all three:</p> <p>2 oz by weight: 1.75 oz eq m/ma / 2 oz spoodle (1/4 cup): 2 oz eq m/ma / 2TB (1/8 cup): 1 oz eq m/ma</p>	

Crediting Recipes

- Use the Food Buying Guide (FBG) or other crediting documentation to credit the weight or volume of each creditable ingredient in the recipe.
- Divide the weight or volume of each creditable ingredient by the total yield (or number of servings) to determine the meal pattern contribution per serving size.

Example: Lasagna (yield: 18 servings)

- **Whole Wheat Noodles:** 25 ounces (one ounce [by weight] of dry noodles credits 1.0 oz eq grain)
 - $25 \text{ ounces (oz eq)} \div 18 \text{ servings} = 1.38 \text{ oz eq}$ (round down to nearest quarter oz eq) = 1.25 oz eq grain per serving
- **Beef Crumbles, Cooked:** 2.5 pounds (40 ounces) (for this product, 1.2 ounces credits 1.0 oz eq M/MA)
 - $40 \text{ ounces} \div 1.2 \text{ ounces} = 33.33 \text{ oz eq} \div 18 \text{ servings} = 1.85 \text{ oz eq}$ (round down to the nearest quarter oz eq) = 1.75 oz eq M/MA per serving
- **Tomato Sauce, Canned:** ½ - #10 can = 6.0 cups heated $\div 18 \text{ servings} = 0.33 \text{ cups}$ (wait to round; add with vegetables)
- **Tomato Paste, Canned:** 12 oz. can = 20.76 Tbsp (each Tbsp paste = ¼ cup vegetable) = $20.76 - \frac{1}{4} \text{ cups} \div 4 = 5.19 \text{ cups} \div 18 \text{ servings} = 0.29 \text{ cups}$ (wait to round; add with vegetables)
- **Sauce + Paste:** 0.33 cups + 0.29 cups = 0.62 cups (round down to nearest 1/8 cup) = ½ cup per serving
- Each serving of lasagna credits **1.25 oz eq grain, 1.75 oz eq M/MA, ½ cup red/orange vegetable**

Crediting Grains

- Use Exhibit A if the product's **baked** weight is known:

Example: Whole grain-rich muffin, 3.0 oz. (85 grams), found in Group D

Group D: $3.0 \text{ oz.} \div 2.0 \text{ oz.} = 1.5 \text{ oz eq grain}$ OR $85 \text{ grams} \div 55 \text{ grams} = 1.5 \text{ oz eq grain}$

- To credit the grams of creditable grains in a recipe, use the [Food Buying Guide \(FBG\)](#). Click on [Grains](#) and then [Worksheet for Calculating Grains Contribution Using Grams of Creditable Grains](#).